

ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

January 2005

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720

The Acton Council on Aging Board will meet on Wednesday, January 12th, at 4:00 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

Circuit Breaker Update!

We encourage all seniors to check the figures and be sure to apply for the Circuit Breaker State Tax Credit if you are eligible. YOU NEED TO FILE FOR THIS CREDIT WITH THE STATE INCOME TAX RETURN, EVEN IF YOU DON'T PAY STATE TAXES. AARP Tax consultants will be available, by appointment, at the Senior Center, from February through April to help you apply for this credit.

The maximum credit is \$820. To be eligible: you must be 65 or older, own or rent and occupy as primary residence property in MA. Maximum assessed value of your home, before exemptions but after abatements, is \$441,000. Maximum income is \$44,000 for singles, \$55,000 as head of household and \$66,000 for those married filing jointly. This state program is designed to assist seniors with real estate taxes; be sure to apply if you are eligible!

The AARP tax consultants will be available to assist seniors who would like help filing their taxes, if they have a basic tax return. You can call for appointments at the end of January; details will be in the next newsletter.

Everything You Should Know About Real Estate Taxes, Abatements and Exemptions

Wednesday, February 2nd at 12:30

Representatives from the Finance department will be at the Senior Center to discuss taxation, exemptions and abatements that are available to the taxpayers of Acton. By state law, some taxpayers are allowed exemptions from their property tax bills. These exemptions are primarily for the elderly, veterans, the blind and widows/widowers. In order to receive the exemption, applications must be filed at the Assessor's Office, which will be available at the meeting. **Please put this on your calendar now and join us on February 2nd.**

Heart and Stroke Risk Factors

Wednesday, January 12th at 12:30

Join Dr. Christopher O'Donnell, Associate Director of the National Heart, Blood and Lung Institute at the Framingham Heart Study as he presents a program on heart and stroke risk factors. A staff cardiologist in the Department of Medicine at Mass. General Hospital, Dr. O'Donnell is also on the faculty of Harvard Medical School. Dr. O'Donnell will have some very valuable information to share and this program is not to be missed! **Please call the COA office at (978) 264-9643 to reserve your seat and so that we may contact you should we have weather concerns.**

The Council on Aging and Acton Senior Center will be closed:

Friday, December 31st – New Year's

Eve Day

Monday, January 17th – Martin Luther

King Day

See “Calendar of Events” on Page 2!

MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. The requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation, if needed.) If you are unable to come to lunch, please call the meal-site to cancel your meal.

The **January Birthday Lunch** will take place on **Wednesday, January 12th** and the **Winter Special Luncheon on Tuesday, January 25th**. If you have a **January** birthday, please come for a complimentary lunch.

Men's Breakfast

Friday, January 14th, 9:00 a.m.

Join us for breakfast, conversation and a program presented by **Jill Henderson of the Household Goods Recycling Ministry**. Jill brings 6 years of experience with this valuable local resource as a board member, client liaison and fundraiser. Please **call the COA office by Wednesday, January 12th, for a reservation**; \$2.00 donation. Come enjoy breakfast and bring a friend or two!

Ladies' Lunch

Friday, January 14th, at 11:30 a.m.

Please plan on joining us for soup and a light dessert with coffee and tea for \$3.00. **Jill Henderson of the Household Goods Recycling Ministry** will speak about this valuable local resource, it's growth and it's current needs. **Luncheon reservations must be received by noon on Tuesday, January 11th**; no reservations will be taken after that time. Call the COA office at (978) 264-9643 to reserve your spot. Please let us know if you can help with set-up or clean-up for the luncheon.

ASK THE LAWYER

Wednesday, February 2nd from 1-3

Attorney Leslie Madge, a certified Elder Law Attorney, offers **20 minute** private legal **consultations** by appointment at no charge to Acton seniors. Call 978-264-9643 to schedule an appointment.

Senior Citizen's Law Project

Attorney Betsey Crimmins of the Senior Citizen's Law Project is available to provide free civil legal services for a variety of elder law matters including housing cases, benefits such as Social Security and SSI, food stamps, health care issues such as Medicaid and Medicare, guardianship defense, nursing home issues and consumer issues. You can reach the Project by calling their elder intake line at (617) 603-1776. The Project is located at Greater Boston Legal Services, 197 Friend Street, Boston. Attorney Crimmins is available to make home visits or nursing home visits.

NEW WINTER WEATHER POLICY!

When the Acton Schools are closed, Senior Center classes, programs and the Minuteman meal site will be closed. The Council on Aging office will remain open; call (978) 264-9643. Listen for school cancellation information on WBZ (Channel 4), WCVB (Channel 5) and WHDH (Channel 7) or radio stations WEEI and WBZ.

Safety Sand 2004

“Safety Sand for Seniors” has begun. All pails have been delivered or initially refilled for this season. Additional refills are available as the winter progresses. Call Carol Steiner at 978-264-9643 if you are in need of a refill.

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COA GROUPS AND CLASSES

All students must sign-up for classes.

Call the COA office for space availability and to sign-up at (978) 264-9643.

MONDAYS – Drop-In Bridge – Mondays, through January 10th, from 10:00 to 12:00.

Bridge Class – starts on Monday, January 24th and continues through April 4th.

Choral Singing – Monday, January 10th and 24th, from 12:45 – 2:00. We sing for *FUN* and have a great pianist and song leader. Join us as the more the merrier!

MONDAYS AND FRIDAYS – POKER: 1:00;
New players are always welcome!

“The Bookies” will meet on **Monday, January 24th at 2:30 p.m. (please note the time change)** to discuss **“Dust Tracks on a Road” and/or “Their Eyes Were Watching God”, both by Zora N. Huston.** The leader for this meeting will be Carolyn Goblick. Copies of these books may be available at the Acton Memorial Library. Please join us and consider bringing a friend! All seniors are welcome whether you have read the book or would just like to hear about it.

TUESDAYS – Watercolor with Sue Nordhausen –1:30 to 3:00 p.m. The next session starts on **Tuesday, January 11th and runs through March 8th.**

WEDNESDAY – Watercolor with Cynthia Durost – Learn basic watercolor techniques, composition and use of color. New and beginning students are welcome. **Class starts on January 5th and continue through March 9th, from 9:00-10:30 a.m. On Wednesday, February 2nd there will be a Valentine Card Workshop in place of watercolor class.**

✂Acton Senior Quilters✂

WEDNESDAYS, 10:15 to Noon: Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

Ping-Pong/Pool: every day after 12:30. We are always looking for new players! Check COA calendar for schedule conflicts.

Knit & Crochet: Join us at **12:30 on Wednesdays, January 5th, 19th and 26th** as we work on our projects and share ideas. Newcomers and **yarn donations** are welcome! Do you have a stash of yarn for a project that keeps eluding you or scraps of yarn from years of knitting? Please consider donating them to our yarn collection, for the various knitters and crocheters are very generous with what they make...and thank you!

HATS off to you!

Come choose a pattern, collect your materials and knit up a hat or two for yourself, a friend, family or to donate through us to local organizations. We have gathered a collection of patterns so come take a look! Pick up your pattern in the COA office in plenty of time so you can collect your scraps of yarn or shop for the perfect materials and then come knit with us on **Wednesday, January 19th at 12:30.** It will be fun to see what develops and what ideas we can share! **Stop in to the COA office to sign up and select a hat pattern.**

Giuseppe Verdi:

Don Carlos and Don Carlo

Opera Classes in January & February

These four weeks promise to be the operatic treat of the year! **Tuesday afternoons, January 4th, 11th, 18th and 25th with February 1st and 8th reserved as snow dates, from 12:30-3:30.** Class reservations required; call (978) 264-9643.

Glass Etching Workshop

Thursday, January 27th, at 1:00 p.m.

Plan to join us and etch a piece of glassware; either your selection that you bring (wine glass, plate, vase) or purchase a hurricane lamp with your craft supplies, for an additional \$3. You will design a pattern or use a stencil to etch a design onto your glassware; an easy process with amazing results! Stop in to the COA office to sign up for this project; payment is due at time of sign-up.

Cost for etching supplies is \$5.

Computer Tech Support

Does your computer have a problem? Is your printer acting up? Do you need help installing software or getting something to run smoothly? Call the COA office and leave your name, phone number and question. Our tech support team will be in touch with you to see how we can help! Don't get frustrated, get computing!

January Computer Workshops

We are happy to announce that we have 4 workshops scheduled for January.

Workshops are task oriented, 2 hour sessions designed for students with some computer experience. (If you are a novice computer user, our regular 6-week instructional classes will again be offered in the spring. Please look for information on those sessions in a future bulletin.)

If you wish to register for a workshop please call the COA office at

(978) 264-9643. Our workshops are as follows:

- **Excel for Beginners: Tuesday afternoon, January 18th, 1-3pm**

Learn how to create a simple spreadsheet, manipulate cells formats and make basic formulas

- **Effective Web Searching: Thursday morning, January 20th, 9-11am**

Learn the features of your browser, identify worthwhile sites, reduce your search time, print only what you want to and save the site to visit later

- **Beyond Word Basics: Monday afternoon, January 24th, 1-3pm**

Explore Word features, the tool bar icons, rulers and formatting. The course specifics will partly be driven by the students' interests and needs.

- **Using Your Digital Camera: Thursday morning, January 27th, 9-11am**

An introduction to using your camera. What are the important features and how to set and change your setting to suit your environment. Please bring your camera and its instruction book to class.

All workshops are limited to 3-4 people per session so please call as soon as possible to reserve your space. Instruction will be offered on PC's and iMAC computers so please indicate which you prefer to work on. Each student will have his/her own computer. There is no charge for these one-day workshops.

EXERCISE PROGRAMS

It is time to sign up for the upcoming sessions of exercise classes.

"Stretch and Flex" with Terri Zaborowski – Mondays from 8:45 to 9:45; runs through January 10th (class full). The next session begins on January 24th and continues through March 28th.

Aerobics with Terri Zaborowski-

"Senior Cardio-Flex": through week of January 31st.

Tuesday & Thursday (through Feb. 3rd) from 9:00 to 10:00; or Wednesday & Friday (through Feb. 4th) from 9:00 to 10:00. The next session begins the week of February 7th and continues through the last week of April.

Warm-up and stretch aerobics and muscle conditioning, then a cool-down segment.

"Beginner to Intermediate Stretch and Tone":

Tuesday & Thursday (through Feb. 3rd) 10:15 to 11:15. Class full. The next session begins the week of February 7th and continues through the last week of April.

Widows and Widowers

Friday, January 7th, 1:30- 3:00

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes. Group members often arrange to meet once for lunch informally between meetings.

Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us.

Lots of COA Volunteer Opportunities:

<u>Wheel-A-Meal Drivers</u>	Office Support
<u>Handymen</u>	Workshop Leaders
<u>Newsletter Mailers</u>	Group Leaders
<u>Ladies Lunch Corps</u>	<u>Friendly Visitors</u>

We are ***always*** looking to add both regular and substitute **Wheel-A-Meal Drivers.**

ACTON HANDYMAN PROGRAM

Handyman Hiatus Dec. 15-Jan 6

during the holiday season. Requests will be taken but will not be done until after Jan 6th.

The Acton Handyman Program, offered **entirely by volunteers**, is designed to help Acton seniors with **small** repairs and **simple** household jobs, for example:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Assemble bookshelves, etc.
- Mattress flipping
- Simple computer, TV, VCR, DVD connections and more!
- Nothing on ladders, please.

Call the COA to request Handyman service.

This well used program should not be used in place of necessary professional services requiring licenses and permits, nor for the many tasks needed to set up a new household. We will try to offer the resources to find local services as necessary.

SENIOR VAN SCHEDULES

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents and is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

The Road Runner Van is also available to Acton senior citizens. **Their new schedule, starting December 1st, is: Tuesday, Wednesday and Thursday, from 9:00 – 3:30.** Please call them at #1-800-589-5782, at least 24 hours in advance. Their fares are the same as the COA van.

SMOC Fuel Assistance

Need help paying your heating bill?

New applications for fuel assistance for 2004/2005 are being taken from **through April 30th**. If your yearly gross household is at or below the amounts listed, you may qualify for fuel assistance and discounts on utility and telephone bills.

Household size	Maximum gross income:
1	\$ 18,620
2	\$ 24,980
3	\$ 31,340
4	\$ 37,700

(call for income guidelines for larger families)

Call Carol Steiner at the COA 978-264-9643 for more information.

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund.**

Contact Jean Fleming at the COA for information. (978) 264-9643

HEALTH INSURANCE AND PRESCRIPTION DRUG UPDATES

- Medicare premiums and deductibles, 2005.

Medicare A: Inpatient Hospital Deductible: \$912

Medicare B: Monthly Premium \$78.20
Annual Deductible: \$110

- Blue Cross/Blue Shield and United Healthcare:

Will have Open Enrollment period for their MEDEX and MEDIGAP SUPPLEMENTS through the end of December 2004.

Coverage will begin January 2005.

- Prescription Drug Discount Cards:

For individuals with an annual income of less than \$12,576 or couples with income less than \$16,872, you may qualify for the annual Transitional Assistance award of \$600 to be used on prescription drugs.

For information on the above or any other health insurance or prescription concerns, please call the COA office at (978) 264-9643 to leave a message for the SHINE counselor. She usually returns calls or makes appointments on Mondays.

SENIOR CENTER CLINICS

Hearing: Thursday, January 13th; 1-3 p.m.

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free.

Please call to register.

Podiatry Clinic: Friday, January 7th; 8-10:00, sponsored by the Acton Nursing Service.

\$20.00* fee. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Burtoft, DPM, provides basic services such as evaluation and nail clipping.

*This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.

Cholesterol Screening: The next clinic will be held in March. Please call the **Nursing Service at 978-264-9653** to schedule an appointment or if you have any questions. Fee \$10.00

Blood Pressure: Tuesday, January 11th, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

GOING AWAY FOR THE WINTER?

Please give us a call so we can temporarily take you off our mailing list while you are away. Unfortunately we cannot send newsletters out of town so please stay informed of upcoming events and trips by:

- Calling your friends in Acton
- Calling our office at (978) 264-9643
- Checking the Town of Acton website at www.acton-ma.gov.

Please call us when you return and we will resume mailing the newsletter to you. Thank you.

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

For more information on the Acton Council on Aging and the Senior Center go to <http://www.acton-ma.gov>. Our monthly newsletter is also available at this web site.

Alzheimer's Services

Alzheimer's Association Helpline

1-800-548-2111. Available for calls 7 days a week, 24 hours a day.

Monthly evening support groups:

These two groups are open to family members and caregivers of someone with Alzheimer's Disease or other related dementias:

1) Acton Senior Center, Wednesday, January 19th, 6:00 p.m.

For information, call Jean Fleming at (978) 264-9643.

2) The Inn at Robbins Brook on the 4th Tuesday of each month at 6:00 p.m.

For information, call Joanne Shaughnessy at (978) 264-4666.

Monthly morning caregivers support group:
3rd Tuesday of the month at 10:30 a.m..

Concord Park Assisted Living Residence in West Concord. **Call Pat Oliphant (978) 318-0046.**

Early stage Patient and Carepartner

Support Group Open to the person with early stage memory problems and their carepartners
First Tuesday of each month, (winter hours) 2:00-3:30 p.m., Concord Park Assisted Living Residence in West Concord.

Call **Arlene Parillo at (781) 863-1166** or Carol Steiner at 978-264-9643.

Cooperative Elder Services, Inc. runs an **Adult Day Health and Alzheimer's Care Program** in Concord. Please call **Pat Oliphant at (978) 318-0046.**

Minuteman Senior Services provides, free **in-home consultations.** Please call **978-263-8720** for more information.

Friendly Visitor Meeting

We will meet in **February on Tuesday, Feb. 8th at 1:00** to catch up with each other after the holidays and share stories and any concerns that have arisen over the last month. Please try to attend. ***If you are interested in becoming a friendly visitor please call Carol Steiner at 978-264-9643.***

Genealogy Group

Please look for the Genealogy Group to reconvene in **March.** Check the February/March newsletter for details.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip, unless otherwise noted.** If payment is not received in time, your name will be removed from the sign-up and a wait-listed person will be contacted. **We will return your check if you cannot go and if your place can be filled.** If signing up for multiple trips please make separate checks for each.
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip. Staying on the bus is not an option.**

Please call the COA office starting Monday, January 3rd, to sign up for all trips, programs and classes.

Boston Symphony Open Rehearsal Thursday, March 17th

We will travel to the BSO Open Rehearsal to enjoy James Levine as conductor. The program will include J.S. Bach (orch. Schoenberg) Prelude and Fugue in E-flat, BWV 552, *St. Anne*; Ives Symphony No. 2; Varese *Ameriques* and Gershwin *An American in Paris*.

COST: \$25.00 (bus and rehearsal admission)

Depart: 8:00 a.m. St. Elizabeth Church Lower Back Parking Lot

Full payment due by March 3rd.

Senior Cinema: Thursdays at 12:30 p.m.

Thursday, Jan. 6th: - "The Manchurian Candidate" – Remake of the 1962 drama. R.

Thursday, Jan. 13th: - "De-Lovely" – The glamorous and unconventional lifestyle of Cole and Linda Porter. PG-13.

Thursday, Jan 20th: - "The Straight Story" – An elderly brother drives 260 miles on his 1966 John Deere lawnmower to make amends with his estranged brother. G

Thursday, Jan. 27th: - "Shrek 2" – This sequel surpasses the original in creativity and laughs. PG.

Movie Mania on Friday, January 21st

At 10:30 we will show "**The Bourne Identity**", a remake of the original with Matt Damon (PG-13 but with some violence and language). We will serve pizza at \$1.50/slice at 12:30 and run "**The Bourne Supremacy**" (the sequel to the morning movie) at 1:00. Please call the COA office to reserve your seat and to place your pizza order.

Concord Traveling Seniors Canadian Rockies by Rail July 19, 2005

Join the Concord Traveling Seniors for their nine day Canadian Rockies by Rail trip departing on July 19th, 2005. The group will travel to Vancouver by air and then continue to enjoy the tour by rail. Please contact Bob or Berni at (978) 369-2876 for more information and to sign-up for the trip. This is being coordinated by the Concord Traveling Seniors group but offered to non-Concord seniors.

What's Cooking?

Do you like to bake cookies, brownies, muffins, maybe create a fun snack or different drink? This Recreation Department program is the class for you! We will meet with children ages 2-5, in the Senior Center kitchen, to "mix-up" a little fun and friendship. The group will get together on **Fridays, March 11th, 18th, 25th and April 1st from 10:30-11:30.** There is no charge but please call the COA to register for this fun class!

ACTON COA STAFF

Jean Fleming, Director

Barbara Winders, Assistant to the Director

Carol Steiner, Outreach/Volunteer Coordinator

Debby Mozzicato, Program Coordinator

Ron Paskavitz, Van Driver

Steve Ryan, Substitute Van Driver

Board Members and Liaisons

Steve Baran, Sec'y Gena Manalan

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Cathleen Summers, Vice Chair

Peter Ashton, Selectman Liaison

Suzanne Brozek, Liaison, MM Sr. Services

Lt. Don Palma, Liaison, Police Dept.

Flu Vaccine Update

*Acton senior citizens 65 and older who have not received the flu vaccine, please call the Acton Public Nursing Service to schedule an appointment. If you are 65 or under, call the Nursing Service to see if you can receive a flu shot. **The Acton Nursing Service phone number is (978) 264-9653.***

Are you celebrating a birthday or anniversary this month? Please know that your neighbors and fellow townspeople wish you well. If it's a birthday you're celebrating why not join us at the Senior Center for the monthly complimentary birthday luncheon? Please call the mealsite at (978) 263-5053 at least 24 hours before the birthday luncheon to reserve your spot and we look forward to celebrating you! **The January birthday lunch will be served on Wednesday, January 12th.**

The **"Guide to Accessible Dining in Acton"** is available at the Senior Center. This valuable booklet, developed by the Acton Commission on Disabilities is a great resource to have on hand.

Acton Community Chorus "Winter Lights"

From Mozart to America

Sunday, January 30th, 2:00 p.m.

This Sunday concert is being offered to seniors at a \$10 admission price and will take place in the afternoon for your convenience. Tickets are general admission and are available at the door or by calling (978) 461-0312 for information. The performance will be held at the Maynard High School Auditorium, 1 Great Road in Maynard. A reduced group rate may be available by calling the COA office at (978) 264-9643 and registering your name.

Senior Center Art Display

Local artists grace the COA walls!

The original art works presented by Acton Seniors continue to be displayed at the Senior Center. We have enjoyed **Carol Pope's** work through the month of December and are now pleased to announce the works of artist **Bette Pierstorff**, an artist in pastel and watercolor, during the month of January. Please enjoy the artwork at any time the living room is available, and plan to join us for a reception with Bette on **Wednesday, January 5th, from 1:00 to 2:00 p.m.** Light refreshments will be served.

Durable Equipment Loan Cellar

The Acton COA maintains a **cellar** of donated durable medical equipment **to be loaned out** to Acton seniors as needed. Please call before you buy new equipment - we may have it in our cellar! The most frequently borrowed are **tub benches, shower chairs and raised toilet seats** (no commodes, please) and are often in short supply, so if you have one taking up valuable space, we would be glad to add it to the loan cellar.

We appreciate all of your donations!

Please do not "drop off" donations without calling ahead.

All donated equipment must be clean and in very good condition.

Currently we do not need any additional commodes or walkers.

Thank you to all who have donated!

“Angel Street” by the Concord Players
Thursday, February 10th, 2005 at 8:00 p.m.

The mid-winter show presented by the Concord Players is “Angel Street”. Based on the spine-tingling movie, “Gaslight”, this is the story of Bella Manningham, who seems to be spiraling into the abyss of mental illness with her sinister husband. Come to this free dress rehearsal at 51 Walden Street, Concord.

“Tea & Symphony”
Sunday, January 30th, 2005

A delightful afternoon tea followed by an Indian Hill Symphony concert featuring Cello Concerto of Dvorak and more! Tea and desserts at 1:00 p.m. at Indian Hill Music Center, 36 King Street, Littleton, pre-concert talk at 2:15 and the concert at 3:00 p.m. at the Littleton High School, 56 King Street, Littleton. All this for a special ticket price of \$15. Advanced reservations are required and may be made by calling (978) 486-0540.

Winterfest 2005

Saturday, January 22nd, 12-4:00
Snowdate: Saturday, January 29th

Beat those winter blues and celebrate all that is good about snow and cold during our Winterfest 2005 celebration. This event will take place at **NARA Park** and will be a combination of winter activities that the whole family can enjoy. There will be a bonfire, sledding, ice skating, snowshoeing, a chili cook-off (pre-registration at Town Hall is required), ice sculpture, entertainment with Radio Disney demonstrations by local organizations and more. Questions? Call the Recreation Department at (978) 264-9608.

The Town Clerk asks that you complete the **Census Form** when it arrives at your home in early January. Please check the information for accuracy and respond within 10 days of receipt of the Census Form.

ACTON COUNCIL ON AGING
Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested

PRSRT STD
U.S. Postage Paid
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Permit #67